

Healthy Bites



Information To Improve the Selection and Use Of Foods In Your Home

Pumpkins & More

Fall 2007 ~ Volume XXXVIII

Winter squash is a warm-season vegetable that can be grown in most of the country. It differs from summer squash in that it is harvested and eaten in the mature fruit stage, when the seeds within have matured fully and the skin has hardened into a tough rind. When ripened to this stage, fruits of most varieties can be stored for use throughout the winter.



The squash family (*Cucurbitaceae*) includes pumpkins, summer squash and winter squash. They are really edible gourds. There are many varieties with a wide range of flavors and textures. Winter squash does not look the same either. Their tough outer shells can be smooth or bumpy, thin or thick and rock hard with a wide array of colors.

The most popular winter squash includes acorn, butternut, butternut, calabaza, delicata, hubbard, spaghetti, sweet dumpling, and Terk's Turban. Winter squash is a tasty source of complex carbohydrate (natural sugar and starch) and fiber. Research suggests that this soluble fiber plays an important role in reducing the incidence of colon cancer.

Winter squash is also a source of potassium, niacin, iron and *beta carotene*. As a general rule, the deeper the orange color, the higher the beta carotene content. Beta carotene is converted to Vitamin A in the body. Vitamin A is essential for healthy skin, vision, bone development and maintenance as well as many other functions.



Be sure to check out this year's bounty of squash at your local farmer's road side stand. Also, check out the recipes included in this newsletter for your enjoyment.

Source: University of Illinois Extension

WORD WISE

Beta Carotene - Orange or red plant pigment that occurs in several forms, one of which is important in nutrition. Nutrition professionals long have recommended choosing fruits and vegetable with deep rich colors for their abundance of vitamins and other beneficial substances.

CHECK THE LABEL

Nutrition Facts

Serving Size 1 cup of cooked pumpkin

Amount Per Serving

Calories 49 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 11%

Sugars 2g

Protein 2g

Vitamin A 245% Vitamin C 19%

Calcium 4% Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Mount Clemens Farmers Market

Fresh, Locally Grown Products Since 1979

THE MARKET OPENS FOR THE SEASON SATURDAY, MAY 5TH



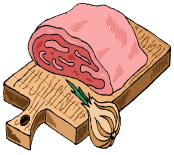
MARKET DAYS AND HOURS

Fridays and Saturdays - 7 a.m. to 1 p.m.
May thru November

MARKET LOCATION

Located at the City's Park & Ride Lot on North River Road between I-94 & North Bound Gratiot Avenue

Safe Food Handling



Cutting Boards and Food Safety

Which is better, wooden or plastic cutting boards? Consumers may choose either wood or nonporous surface cutting board such as plastic, marble, glass, or fire retardant ceramic. Nonporous surfaces are easier to clean than wood.

Avoid Cross-Contamination

The Meat and Poultry Hotline says that consumers may use wood or a nonporous surface for cutting raw meat and poultry. However, consider using one cutting board for fresh produce and bread and a separate one for raw meat, poultry, and seafood. This will prevent bacteria on a cutting board that is used for raw meat, poultry, or seafood from contaminating a food that requires no further cooking.

Cleaning Cutting Boards

To keep all cutting boards clean, the Hotline recommends washing them with hot, soapy water after each use; then rinse with clear water and air dry or pat dry with clean paper towels. Nonporous acrylic, plastic or glass boards and *solid* wood boards can be washed in a dishwasher (laminated boards may crack and split).



Both wooden and plastic cutting boards can be sanitized with a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Flood the surface with the bleach solution and allow it to stand for several minutes. Rinse with clear water and air dry or pat dry with clean paper towels.

Replace Worn Cutting Boards

All plastic and wooden cutting boards wear out over time. Once cutting boards become excessively worn or develop hard-to-clean grooves, they should be discarded.

Source: www.usda.fsis

Quick and Easy Creamy Pumpkin Soup

- 2 cups finely chopped onions
 - 1/2 cup finely chopped celery
 - 1/2 cup canola or vegetable oil
 - 1 bay leaf
 - 1 1/2 teaspoons ground cumin
 - 1 cup evaporated skim milk
 - 3 cans chick broth (14.5 oz cans) or 6 cups homemade chicken stock
 - 2 cups pumpkin puree or 1 can (16 oz) solid pack pumpkin
 - Salt and pepper to taste (Canned chicken broth and canned pumpkin may contain added salt. Taste the finished soup before adding salt, as additional salt may not be needed.)
1. In a 6-quart saucepan, sauté onions, and celery in oil. Cook until onions begin to look translucent.
 2. Add broth, pumpkin, bay leaf, and cumin. Bring to a boil. Reduce heat and simmer, uncovered for 20 minutes, stirring occasionally.
 3. Remove bay leaf. Add evaporated milk and cook over low heat 5 minutes. Do not boil. Taste and adjust seasoning, if necessary. (Add 1/2 teaspoon salt and 1/2 teaspoon black pepper, if desired.)
 4. Serve in bowls, garnish with grated Parmesan cheese and chopped parsley. Serve hot. Makes 6 - 8 servings.



Roasted Pumpkin or Squash Seeds



- 1 quart water
 - 2 tablespoons salt
 - 2 cups pumpkin seeds
 - 1 tablespoon vegetable oil or melted, unsalted butter
1. Preheat oven to 250°F.
 2. Pick through seeds and remove any cut seeds. Remove as much of the stringy fibers as possible.
 3. Bring the water and salt to a boil. Add the seeds and boil for 10 minutes. Drain, spread on kitchen towel or paper towel and pat dry.
 4. Place the seeds in a bowl and toss with oil or melted butter.
 5. Spread evenly on a large cookie sheet or roasting pan.
 6. Place pan in a preheated oven and roast the seeds for 30 - 40 minutes. Stir about every 10 minutes, until crisp and golden brown.
 7. Cool the seeds, then shell and eat or pack in air-tight containers or zip closure bags and refrigerate until ready to eat.

Did You Know?

Angel Food Ministries (AFM) is a terrific source of low-cost nutritious food for you and your family. Each month you receive one box of food including both fresh and frozen items. You pay only \$25 for the food which is valued at approximately \$75. Each month the food items change. To find out more about Angel Food Ministries and/or sign up, simply call 1-877-366-3646. It's a free call. **There are no income limits for this program.**



Together... Let's Try New Foods!

Enjoy all kinds of foods! That's good advice for kids – and for you. Why? When kids learn to enjoy many foods, they have more choices for smart eating throughout life. That's good because different foods promote growth and health in different ways.

Food variety makes eating more interesting and fun, too. Remember: seeing, trying, comparing, and talking about different foods is part of learning.

Good feelings about trying new foods help lead to a lifetime of healthful eating. Try new fruits and vegetables as fun experiences with your child.

- **Offer a new food first, before foods your child eats already.** Kids usually are more willing to try new foods when they are hungry.
- **Have your child choose a new food as you shop.** Trying new foods is more fun for kids when they pick them.
- **Do a taste test.** Talk about a new food. Have your child describe the color, shape, feel, smell, sound, and taste – and not whether your child likes or dislikes it. No “yucks”!
- **Go for at least “one bite.”** But stay away from forcing your child to taste. Keep food trying positive.
- **Try new foods, too.** Encourage your whole family to try new foods! Kids copy what they see and hear. Keep quiet if you don't like the food.
- **Prepare new foods in different ways.** Many kids prefer to pick up raw vegetables with fingers. That may seem better than the same new vegetable that is cooked.
- **Try and try again.** Many kids need to try a new food 5 to 10 times before they like it. It's normal for kids to be cautious at first.
- **Relax.** Your child doesn't need to like every food. Everyone (you, too) has different food favorites.



Source: NIBBLES FOR HEALTH 15, Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

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For more information or questions regarding food and nutrition, contact us!

MSU Extension - Food and Nutrition

21885 Dunham Road, Suite 12
Clinton Township, Michigan 48036
Phone: 586-469-6432